

**ABSTRACT**

The invention provides a head rest apparatus provided with a head rest frame supported to a seat back frame of a seat back via a tilting shaft so as to freely tilt and having an upper side of the tilting shaft to which a head rest is attached, a pressure receiving member provided in a lower side of the tilting shaft in the head rest frame and receiving a load applied from a front surface of the seat back to a backward portion, and an urging member engaging with the seat back frame and the head rest frame and always urging the head rest frame in a backward tilting direction, in which the head rest frame forward tilts around the tilting shaft corresponding to a supporting point and the head rest forward moving when the pressure receiving member is exposed to the load. The urging member is structured such as to urge the head rest frame in the backward tilting direction from a rear portion.